

Soldiers' Settlement Public School Preschool

Physical Activity & Digital Media Procedure



Review: Educators will monitor and review the effectiveness of this procedure at regular intervals throughout the year. Soldiers' Settlement Public School Preschool procedures must be reviewed and updated every 12 months. This procedure is due for **review in November 2022**.

The purpose of this procedure is to ensure that children in our care are supported and encouraged to engage in active play, develop fundamental movement skills and that digital media use is limited in line with current recommendations.

Rationale

Adequate physical activity promotes heart, bone and muscle health, and is beneficial for child social, psychological and fundamental movement skill development. Through active movement, a child becomes stronger and coordinated and can explore the capabilities of their body. The time children are at the service may be their best opportunity for active play each day. Setting limits around time and usage of the TV, computer or other technology also means that children will have more hours available for active, creative or outdoor play.

Procedure

1. Promote physical activity and skill development

The service will:

- Support and encourage children's physical activity through planned (intentional) and spontaneous active play experiences.
- Develop educational programs that are appropriate for each child (needs, interests, abilities).
- Aim to provide active play time opportunities for at least 25% of daily opening hours (eg outdoor play, group time, music and movement etc).
- Aim to provide planned (intentional) and spontaneous Fundamental Movement Skill (FMS) development. Teaching techniques recommended for skill development include demonstration, age appropriate feedback, opportunities for exploration and practice, co-constructing, problem solving, adaptation of activities to suit different skill levels and allowing for all children to experience success.
- Adopt a participatory approach, emphasising fun and participation rather than competition.
- Encourage and support all educators to be positive, enthusiastic and active.
- Ensure educators provide verbal prompts to provide children with encouragement and positive reinforcement to participate in active play.
- Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with special needs.
- Educators at our service actively role model appropriate physical activity behaviours to children.

2. Limit Digital Media and time children spend being sedentary

The service will:

- Consider time allocated to digital media use in care with regard to the National recommendation of no more than 1-hour day for children 2-5 years and the likelihood that digital media may be used at home before and after hours of care.
- Prioritise digital media use for educational purposes and/or encouraging children to move around and be active.
- Share recommendations with families and promote the importance of developing positive screen time habits in the early years.

- Never use screen time as a reward or to manage challenging behaviours.
- Educators at our service actively role model appropriate screen behaviours to children.

3. Ensure all staff members have appropriate knowledge and skills in the area of physical activity

The service will:

- Support regular physical activity education for primary contact educators.
- Ensure some staff are trained in Munch and Move.

4. Provide a physical environment that promotes physical activity and skill development

The service will:

- Ensure that the indoor and outdoor physical environments provide adequate space and resources to facilitate active play and allow children to practice fundamental movement skills (running, hopping, leaping, kicking, jumping, dribbling, throwing, galloping, skipping, catching, side sliding, striking, underarm throwing).
- Outdoor spaces provide opportunities for children to explore and experience the natural environment.
- Provide space, time and resources to support children to create their own opportunities for physical activity.
- Follow safety procedures and risk management strategies when implementing physical activity.

5. Ensure communication with families regarding physical activity, skill development and limiting digital media use for recreation

- The service will:
- Consult and inform parents and carers of physical activity practices and policies when undergoing development or review.
- Have procedures available for families to read.
- Communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting digital media use for recreation.
- Invite families to attend and participate in physical activity experiences with their children, where appropriate.

6. Monitoring and review

The service will:

- Record children's physical activity as part of the preschool program. Observations and photos can be viewed in the daily journal, jottings in program, or individual learning stories.
- Review the physical activity and digital media procedure every 12 months.